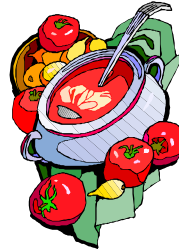


CURRY MUTTON

- 1 medium size onion
- 3 cloves garlic
- 1 inch square of ginger
- 3 medium size carrots
- 1 red or green pepper
- 1 handful of green beans or green peas
- 2 only flowerets of broccoli
- 1 qtr cauliflower
- 4 medium size potatoes
- 1 450 gr. pkg. of vegetarian mutton
- 1 220 gr. pkg. of glico mild curry
- 6 sachets of Bovril instant vegetable bouillon (or make your own) mixed with 1 liter of water



In a large sauce pan with a tablespoon of olive oil or grapeseed oil or you can use water if preferred – sauté the diced onions, garlic and ginger. When onion is clear, add the sliced carrots and beans and cook for a couple of minutes, stirring occasionally.

Stir in approx. half of the vegetable bouillon and add potatoes (can be sliced or cubed). When potatoes are half done, toss in the broccoli, cauliflower, red pepper and vegetarian mutton and add the rest of the vegetable bouillon. As this is cooking, you can now add the curry sticks. There are 12 sticks in a package and I find that 8 is just hot enough. You can add more if you want it a little hotter. You will find that you will have to add more water as the curry will thicken as it is cooking. When the potatoes are done, the vegetables should just about be done. Best served hot over rice.

The portions here will feed approximately 8 – 10 people and I will usually freeze half this recipe.

PINEAPPLE CHEESECAKE

PI NEAPPLE CHEESAKE

- 2 Tbsp unflavored vegetable gelatin
- $\frac{3}{4}$ cup pineapple juice
- 1 cup boiling pineapple juice
- $\frac{1}{3}$ cup honey
- 1 cup raw cashews
- $\frac{1}{4}$ cup fine coconut (optional)
- $\frac{1}{2}$ tsp salt
- 6 ice cubes
- 1 19 oz can, crushed or chunk pineapple (drained)



Place gelatin and $\frac{3}{4}$ cup pineapple juice in a blender and let soak for 10 minutes.

Pour 1-cup boiling pineapple juice over the soaked mixture and blend briefly to dissolve gelatin.

Add honey, cashews, coconut and salt to blender and blend until creamy.

Add crushed or chunk pineapple. Blend until smooth. Add ice cubes.

Pour over your favorite baked crumb crust, into piecrust or into parfait glasses.

Refrigerate until set and serve with fruit topping.

Covers an 8"x12" cake pan, makes 2 pies, Graham Cracker crust or fills 8 parfait glasses.